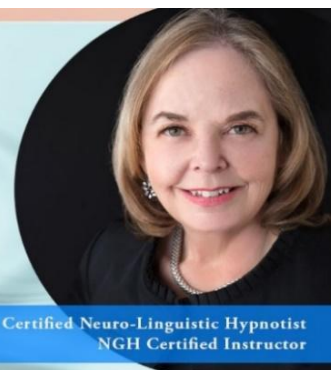


Conscious living with subconscious principles



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This is my own script, an effective visualization in which the client tends to their own subconscious garden, removing the weeds, while nurturing and sustaining growth. I am outlining the steps of this process and it's up to you to provide the induction and deepener, and create your own hypnotic language and patter within the steps provided.

Tending the Garden of your Mind – By Lynn Swearingen

- Enjoy the garden using all senses
- **Notice a Hummingbird** (*the hummingbird floats free of time, carrying our hopes for joy, love and celebration – like the hummingbird, we aspire to hover and savor each moment as it passes, embracing life and celebrating its hopes and joys – celebrating the joy of every day*)
- Tending, nurturing, loving/enjoying/experiencing the garden
- **Notice a clear and strong inner voice:** My life is important ... my life has value ... my life has meaning (insert suggestions for self-worth, value, deserving, self-love and compassion). Experience this as truth.
- **Notice the weeds that need to be pulled**, that don't belong here
- **It is your responsibility to tend to the garden:** You are the gardener. You have the tools and a large wheelbarrow. Notice growth that attempts to strangle and kill the beautiful flowers and plant life you're responsible for. **You take your responsibility seriously**, to tend the garden of your mind – **you are the gardener, the caretaker, and you have all the tools you need.**
- **Dig up the weeds** that have grown too deeply, pulling them all up by the roots and slinging them into the wheelbarrow
- **Worry doubt and fear are released and into the wheelbarrow** – toxic emotions you were never meant to carry
- **How often have you been drawn into other people's soap opera, other people's drama, other people's pain?** And you, an unwilling participant, compelled into their toxic world. **Noticing clearly now**, how easily they brought all of their own pain, their own sickness, their own insecurities, their own self-limiting beliefs and poisonous emotions, and dumped them all into your garden. Where it remains, threatening to cut off the life of the beautiful plants, trees, shrubs and bushes, the flowers and beauty of the garden of your mind. **You don't have to be an actor in someone else's soap opera ... in someone else's drama.**
- **All of it goes into the wheelbarrow** – putting great energy into your work, feeling the urgency.

- **Create a big bon-fire** – smoke billowing up to the sky – burning toxic memories, emotions, self-limiting beliefs and behaviors – **watching with wonder**, as it all wafts into the sky, breaking up, dissipating, all traces drifting away on the currents of the air, further and further away, gone! **Incinerated**.
- **Only cold ashes remain** – the ground absorbs all traces – deep into the core of the earth – where they can never come back – where you can never find them again. **FREE**.
- **Rake the earth** – clearing away the scars from the fire ... healing, smoothing out – feeling the beginning of an inner healing and cleansing
- **SELF BELIEF** rises within – reconnection to your authentic self and your individual gifts, resources, capacities. **You deserve to be happy ... to be successful ... to be healthy ... to love and be loved ...**
- AGAIN: **My life has meaning ... my life is important ... my life has value ... I am** important ... **I am** of great worth and value ... **I deserve** to be here ... **and I add brightness to the life of everyone I meet**
- When negative thoughts try to intrude **I let the thought just pass away. It loses all power and relevance when I choose to ignore it.** It simply passes and I feel a great sense of accomplishment and peace.
- NOW REST IN THE GARDEN

ANCHOR: IMAGINE – NOTICE – AND FEEL NOW – a tremendous sense of self-worth, a sense of great value and importance, a sense of destiny, feel your essence as a human being – your right to be here. **CLOSE YOUR HAND TIGHTLY AROUND THOSE FEELINGS. CLOSE YOUR HAND TIGHTLY AROUND THESE FEELINGS** And on the count of 3, let your hand fly open and allow these feelings to spread throughout your body. Notice those feelings permeating your body/mind/spirit ... flowing through your very blood stream

- STILL RESTING IN THE GARDEN – truly enjoy essence of the beauty around you (see, hear, smell, touch) – **vow to return to your garden on a regular basis and look for weeds.** Tend the garden like the loving, responsible care taker you are – giving the plants and flowers water, making sure enough sunlight gets in, replenishing the nutrients in the soil – and, of course, plucking up any new weeds to be thrown into the wheelbarrow – and burn everything that doesn't belong here in a great bon-fire.
- WALKING TALL INTO THE FUTURE: **Feeling your essence as a human being**, your right to be here, your right to walk this earth ... to breathe this air ... head and shoulders with and equal to everyone else ... **Reconnecting to your authentic self** ... feeling free – alive – empowered.
- **And Soon, I don't know when, but soon** you may be surprised and amazed to notice (insert **post hypnotic suggestions** for joy, happiness, confidence, freedom, peace) **and you may notice** a spring in your step and a smile on your lips when you least expect it ...
- EMERGE: As we near the end of today's journey, you may notice a short staircase that leads up to the here and now, back to your present life, to this present moment ... bringing all of this wisdom and all of these insights back with you ... and as I count from 1-5 you can bound up those stairs taking all of this new self-belief and confidence with you, everywhere you go ...
- Count up, 1-5, rejuvenated, refreshed, alert, and happy